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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

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MILK

The Best Food We Have

GIVE YOUR CHILDREN MILK

A QUART a day for every child, if possible, a pint without fail. Plenty of milk will help give all your children, big and little, the chance for health they ought to have. Buy more milk and less meat and your family will be better fed.

MILK HELPS YOUR CHILDREN TO GROW. Besides well-known food substances it has something special which they must have to grow. Your children can get a little of this from other foods, but not enough. Give your boys and girls milk for their chance to grow.

MILK HELPS YOUR CHILDREN TO KEEP WELL. Look at children who do not get milk, but get tea and coffee instead. Aren't most of them pale and sickly? There are always very many sick children in cities and in countries where milk is scarce. When milk prices go up and mothers begin to economize on milk more children become sick. Do not let your children run this risk. Give them fresh, clean milk and help them to grow up strong and well and win in their fight against disease. Save on other things if you must, but not on milk, your child's best food.



Milk Gives Your Children Lime and other salts which they need. There must be plenty of lime in their food, for a great deal of it is needed for their bones and teeth and a little for their blood and all other parts of their bodies. Right food, not drugs, is what children need. Big boys and girls and grown people, as well as children, need lime, because the bones are constantly wearing away little by little and must be replaced.

Milk is the chief food for lime. It is much richer in it than other common foods. These lines stand for lime, the top one for the lime in a cup of milk, the others for the lime in a serving of some other foods. Notice how much more there is in milk than in the others.

AMOUNT OF LIME IN

1 cup of milk



1/2 cup carrots



1 egg



2 slices of bread



Milk is the cheapest food for lime. Buy milk. You and your children need its lime.

Milk Gives Your Children The Body-building Protein, one of the materials from which their bodies are made. Milk is like eggs and meat in this. This body-building substance, the protein, of milk is not new to you, for curd is milk protein. Cottage cheese is curd separated out from milk. When we drink milk or eat cheese we give our bodies proteins which are changed and become part of our muscles, blood, and other parts of the body. The milk protein is good for everybody and especially good for children. They need a great deal of it because their bodies grow so fast.

Milk Gives Your Children Fuel to burn in their bodies. They need the fuel to keep them warm and to help them run and play and work, much as an automobile needs gasoline or a steam engine needs coal. They are so active that they need more fuel for their size than grown people do. The fat and the milk sugar and the protein in the milk all burn up as fuel.

Milk is much cheaper fuel than meat. A quart gives the same amount of fuel as a whole pound of lean meat or as eight eggs. Think of the cost! Isn't the milk far the cheapest? Still less expensive fuel is a bowl of bread and milk or corn meal mush and milk.

Skim Milk Is Good Food. It has the lime and protein and sugar of the whole milk. Use it, but use whole milk, too. Skim milk lacks fat and has not so much of the growth substances as has whole milk.

Milk Should Not Be The Only Food For Children, of course. They need vegetables, fruits, and cereals. But even the bigger boys and girls should have milk. Milk is good for grown people, too. They still need the lime and protein and its other substances. Don't think of it only as a refreshing drink, but as a good nourishing food.

Be Sure Your Milk Is Clean And Fresh. If you live in the city, buy it pasteurized from a clean dairy. In the country see that your cows and milkers are clean and healthy. Keep your milk clean, cold, and covered.

WAYS OF USING MORE MILK.

Cereals Cooked In Milk. Corn meal, oatmeal, and rice are delicious cooked in skim milk. Use the same amount of milk as you would water for oatmeal and corn meal. For rice, you can well use a good deal more milk—four or even more cups of milk to one of rice. Cook for an hour in a double boiler. This makes a delicious creamy cereal. For milk cereal puddings add sugar or sirup and raisins.

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CORNSTARCH PUDDING.

2 cups milk.	4 tablespoons cornstarch (level).
$\frac{1}{4}$ cup sugar or	Pinch of salt.
$\frac{1}{2}$ cup corn sirup.	Vanilla.

Mix the cornstarch with cold milk, scald the remaining milk, and add the sugar or sirup, salt, and cornstarch. Stir until thick. Cover and cook for 20 minutes. Add vanilla. Serve cold, plain or with fruit. Add a square of chocolate to the milk for chocolate cornstarch.

CREAMED DISHES.

Milk toast, cream soups, creamed vegetables, creamed fish, and scalloped dishes are all good ways of putting more milk into the daily food of the family. The milk for all of these is thickened into a sauce, thick or thin.

To make the sauces, melt the fat, stir in the flour, add the milk gradually, and cook until thickened, stirring constantly unless you use a double boiler. All measurements are level in these and all other recipes.

Thin White Sauce.	Medium White Sauce.	Thick White Sauce.
Milk 1 cup.	1 cup.	1 cup.
Flour 1 tablespoon.	2 tablespoons.	3 tablespoons.
Fat 1 tablespoon.	2 tablespoons.	3 tablespoons.
Salt $\frac{1}{2}$ teaspoon.	$\frac{1}{2}$ teaspoon.	$\frac{1}{2}$ teaspoon.
Pepper $\frac{1}{8}$ teaspoon.	$\frac{1}{8}$ teaspoon.	$\frac{1}{8}$ teaspoon.

For milk toast and with vegetables use the thin sauce. For scalloped or creamed dishes, use the medium sauce. The chief use for the thick sauce is as a binding material in croquettes and loaves.

SPREAD THE KNOWLEDGE AMONG THE MOTHERS
THAT MILK IS OUR BEST FOOD.

